Brough Park Running Club weekly Couch to 5K (02/12/17)

One of those cool and overcast mornings greeted the hardy entrants in the latest Couch to 5K; with the line one again toed by an eager bunch of youngsters who were hopeful of upping their game.

Two of those were thirteen-year-old Harry Bond and Sienna Phillips (11) who had outstanding runs at last week’s two mile, Cheddleton Fun Run, with the former heading that mass and the latter placed as second female and top six finisher.

Both seemed to be buoyed by their achievements and set new PB’s in their respective events; Harry chipped three seconds from his long standing 5K record in 20.50, as he was paced around by Isaac Elkington to a sprint finish which he won by a stride; once again Sienna chose the mid-stream distance and knocked seventeen seconds from her four-month-old 3.6K best time in 15.37; and was followed two minutes later by Donna Eames, who dropped down a distance to achieve her own PB of over a minute in 17.27.

The Soutart youngsters, Rees (12) and Libby (8) eased to the 800m line in 4.48 and 5.50, which was a PB of two seconds for the youngest; while mother, Lisa, continued around to complete the 5K only five seconds from her best in 33.30.

The Bailey, family trio returned after a couple of event’s absence; Kirsten and Bleu (4) completed the 1.5K in a slightly slower 10.52, while Oliver (10) clipped two seconds from his last event in 9.37 for the 2.2K, which is just a score from his best

There were mixed results in the 5K for those who participated in last weekend’s Pudding Run in which many doubled their distance for the first time. It’s good to see thirteen-year-old Ethan Ollier back in the groove as he reduced his previous best time by nineteen seconds to 23.15; v60, John Lagan was just short of a minute from his last effort’s PB in 26.12; Suzie Noble’s 27.25 was two score from her previous time; Jan Percival was only six seconds from her last in 28.28 and just a minute from her best; v65, Bill Mould was a dozen seconds faster than his previous outing’s time and only fifty from his best; whereas Dawn Brown and Sarah Garde reduced their last effort’s time by ten seconds apiece, the former to 32.57 and enters a new time-zone with that PB, and the latter just twenty in arrears of her best with a 33.54 finish.

Martin Pigott returned to the 5K and crossed the line two minutes behind the two front runners; with Louise Hackett (13) only a second from her six-week-old best time in 23.21 and James Lockett only thirty seconds from his in 24.31.

Karl Birch is consistent at returning identical, or almost identical times, duplicating his last effort in 24.47 and only three seconds from his best.

The infrequent visit of Paul Goldstraw showed in his 25.35 finish, while Lisa Gould Sandall chopped eighty eight seconds from her inaugural score in 31.52; with Lesley Woodward and Kealey Woolley’s first visit resulting in 32.05 and 26.31 times.

James Burgess (7) once again settled for the shorter 2.2K distance as his challenge and recorded an almost identical 11.29 to his previous outing, but a little way from his best.

SMAC colleague, Lacie Lloyd (9), returned after a few weeks absence to also record a below-par 11.53.

However, Joseph Lockett (10) managed to forge out a twenty five second faster pace than last time and pulled ahead of Eden Pigott (7) to finish with a five second margin in 12.41.

Luke McMullen (6) ambled around to an improved 13.13 time, followed fifty seconds later by Rebecca and Laurie Hinton (6) with Lorna Stoddart a further fourteen seconds behind on her return.

Claire Williamson has been covering six miles two or three times a week, in addition to the previous week’s event, and chose to ease down to escort daughter, Martha (7), to a 14.36 finish.

V65, Mary-Jane Searles recorded a slower 17.45 and was followed two minutes later by Simon Edge who eased himself back into the event.

Thanks once again to Sam Goldstraw, Marie Phillips and Steve Massey for time keeping, along with Paul Goldstraw for aiding the set-up.